

New Wellness Programs



- **Health Club Credit**
- **MyHealthCenter**

Why Focus on Wellness?

- Like you, we are concerned about the rising costs of health care.
- Research proves that wellness programs work and can ultimately reduce health care costs.
- We believe everyone has personal responsibility for their health.

Up to \$250!!!

- There are several ways to earn your \$250.
 - Health Club Credit Program
 - Earn up to \$20/month for exercising 12 days a month.
 - MyHealthCenter
 - Earn points and redeem for prizes!!
 - Combination of the two programs

Health Club Credit



Who is eligible?

- Subscriber
- Subscriber's enrolled spouse
- Must be at least 18 and older
- Exercise at least 12 days per month

What can participants earn?

- Up to \$20 per month

How do I start?

- Take welcome letter & BCBSND ID card to participating health club
- Complete enrollment form
- Complete Authorization for Release of Information online at MyHealthCenter.NDWellnessCenter.com.

How and when will I be credited?

- Health club account is credited
- 2 months after meeting requirements

Monthly requirement met (12 visits per month*)	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Eligibility verified And submitted	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan
Credit posted to member's fitness Center account	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb

What if my clubs fees are less than \$20 per month?

- Your credit will reflect the amount you pay per month

Why does the health center need my BCBSND ID number?

- The health center needs a unique number, so your workouts get credited to you.

I have a family or a dual membership.
How will my workout be counted?

- Your workouts will be credited to your ID number, and your spouse's workouts will be credited to his or her ID number.

I belong to a health center with multiple locations. Can I work out at any location and still have it count toward my 12 days per month requirement?

- Only workouts that take place in the location where you first enroll will count toward your monthly credit.

What if I transfer my health center membership or cease to be a BCBSND member?

- You need to be a current member of the health center and BCBSND when the credit is applied—which is two months after you complete your workouts. So if you terminate your health center membership or your BCBSND eligibility status changes before the credit has been applied, you will give up that credit.

Am I eligible even if I am already a member of a participating health center?

- Yes. Just complete an enrollment form at the health club so your health club can ensure that you receive your credit. Be sure to provide your member welcome letter that signals your eligibility for the program.

When is the best time to sign up?

- As early in the month as possible.

If I miss one or two workouts one month, can I make them up the next month and still get reimbursement for the month I did not meet the requirement?

- No. The program only provides credits for months where you work out 12 days during that particular month.

How will I receive reimbursement?

- If your membership dues are deducted from your banking account, the health club can send the credit to your banking account.
- If you pay your membership dues in advance for the entire year, your credits will accrue and will be applied on next year's balance.

Which health clubs participate?

- Visit www.nihca.org



Health Club Credit

New Page 1 - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Reload Home Search Favorites RSS Print Mail News Groups

Address <http://www.nihca.org/locator.htm> Go Links

NIHCA.org



National Independent Health Club Association

Home	Current Program	Benefits	Membership	Join
------	-----------------	----------	------------	------



[Ontario Fitness Centers](http://www.nihca.org/states/missouri.htm)

<http://www.nihca.org/states/missouri.htm> Internet

Click on the state in which you reside.

Health Club Credit

New Page 1 - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites Refresh Mail Print View Source Links

Address <http://www.nihca.org/states/northdakota.htm> Go Links

NIHCA.org

National Independent Health Club Association

Home Current Program Benefits File Processing Membership Join

North Dakota Active Members

Anytime Fitness - Bismarck	141 Ivy Ave.	Bismarck	ND	58504
Anytime Fitness - Bismarck	2945 N 11th St	Bismarck	ND	58503
Gold's Gym - Bismarck	517 S. 5th St.	Bismarck	ND	58504
Healthways	1033 Basin Ave	Bismarck	ND	58504
Missouri Valley Family YMCA	1608 N. Washington	Bismarck	ND	58501
Optimum Fitness - Bismarck	408 E. Bowen Ave.	Bismarck	ND	58504
Snap Fitness - Bismarck	809 W Interstate Ave Suite E	Bismarck	ND	58503
In Joy	136 W. Main St.	Beulah	ND	58523
New Dimension Fitness	1116 E. 6th St.	Bottineau	ND	58318
C & D Sports	Highway 281 S	Cando	ND	58324
Governors Fitness Center	2050 Governors Drive	Casseltown	ND	58012
Carrington Fitness Center	734 N. 2nd St.	Carrington	ND	58421
Lighten Up Wellness Center, Inc.	109 First Ave Ne	Crosby	ND	58730
Anytime Fitness - Devils Lake	813 1st St. NE	Devils Lake	ND	58301
Curves - Devils Lake	425 College Dr.S. Ste #3	Devils Lake	ND	58301

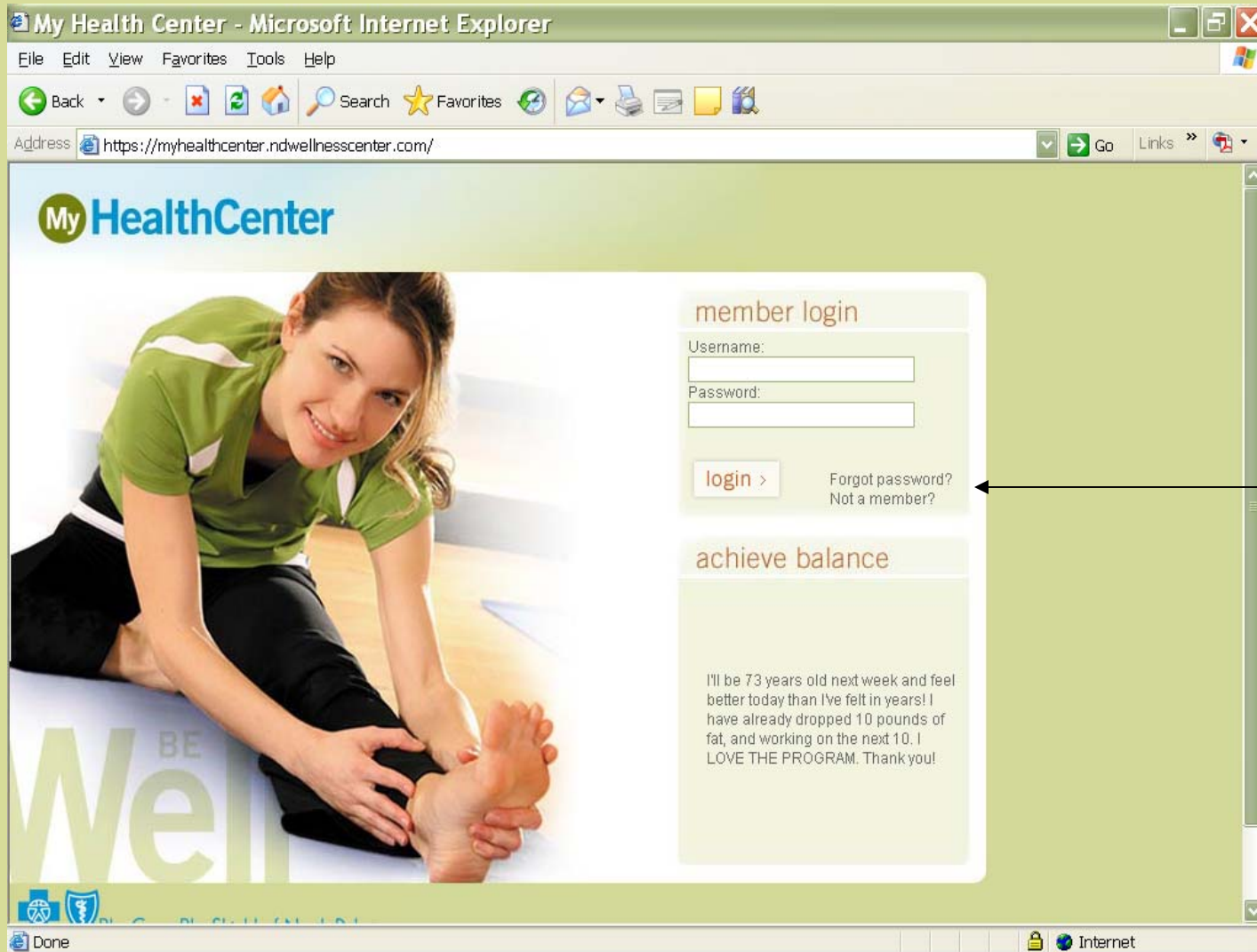
Done Internet

start CSU - Microsoft Outlook Microsoft PowerPoint ... New Page 1 - Microsof... Document1 - Microsof... 11:02 AM

Questions??



Login Page



Click on "not a member" to begin

Information Page

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites RSS Print Mail News Groups

Address <https://myhealthcenter.ndwellnesscenter.com/Registration/> Go Links

My HealthCenter

Let's Get Started!
Now help us find your membership.

* First Name:

* Last Name:

* Date of Birth:
(mm/dd/yyyy)

* Health Plan Id:

* Indicates a required field.

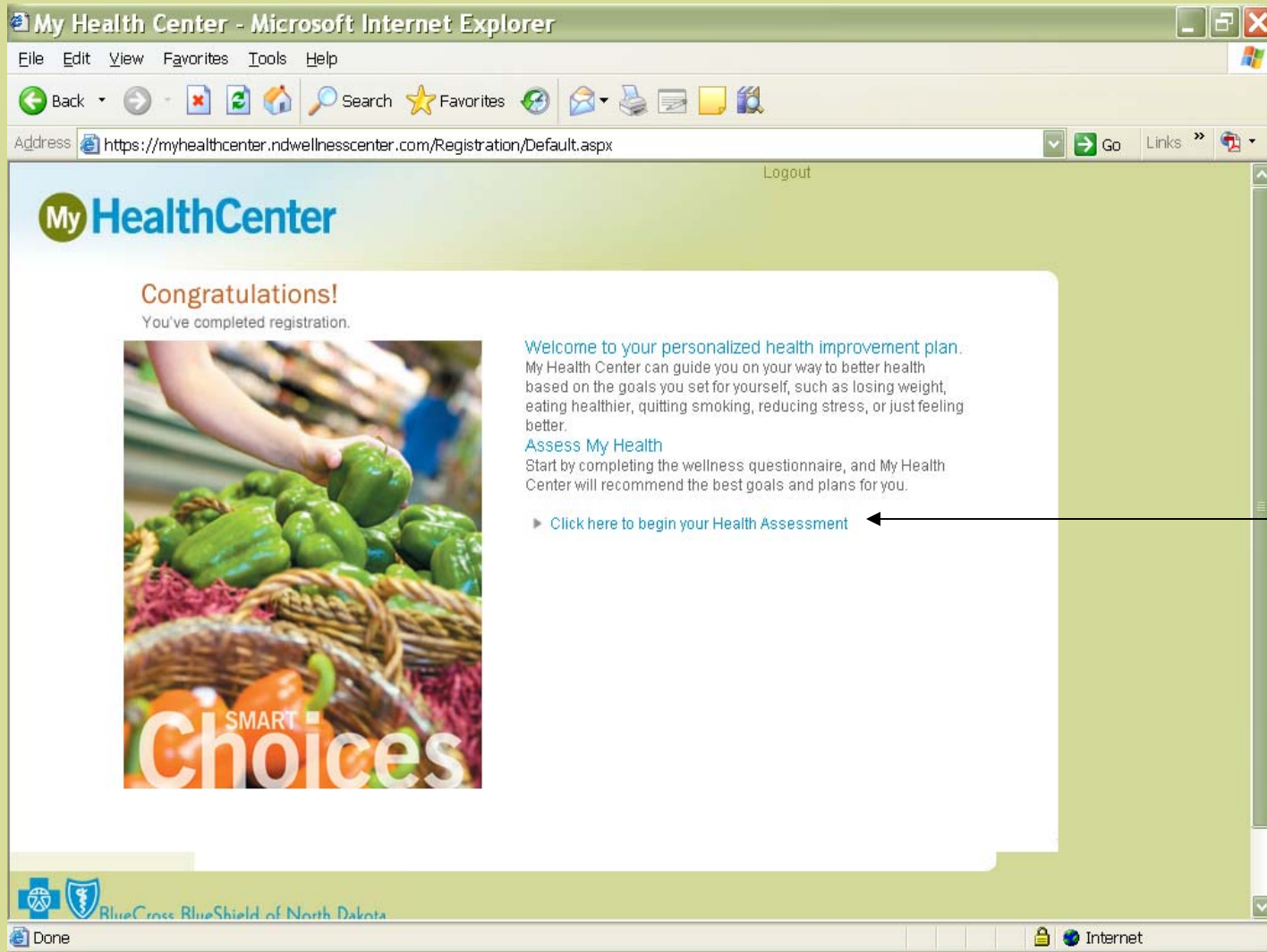
[continue >](#)

why engage?

The program has given me all the tools that I never had before. I can't imagine going through a week without exercise in my life. That's impact!

Done Internet

Congratulations Screen



Click here to
begin your
Health
Assessment

My Plan – Getting Started

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Reload Home Search Favorites

Address <https://myhealthcenter.ndwellnesscenter.com/Portal/Goals/Default.aspx> Go Links

Welcome client40* Logout FAQs Help Home

My HealthCenter

My Plans Community Resources Coaching My Account

My Plans

- Change Goals
- Assess My Health
- Screenings
- My Family

Quick Links

- 26 Online
- 1 Messages
- 1200 Points
- Fitness Centers

Let's Get Started!

Our expert system will guide you through the goal-setting process and create a tailored plan to fit your needs. You can start by completing a health assessment questionnaire to identify areas for improvement, or you can skip right to setting up your goals.

Your Health

Because health concerns can be inter-related, we encourage you to start here by assessing your health. This comprehensive approach ensures you're able to find the source of a health concern - and not just treat its symptoms.

Start Here ←

Your Goals

If you have already decided what it will take to improve your health, you can start here by choosing your goals.

Choose Goals

Click on the "Start Here" to begin your Health Assessment

BlueCross BlueShield of North Dakota

Terms of Use © 2006-2007 Healthways, Inc.
Healthways is an independent company assisting in the administration of BCBSND's health and wellness programs. www.bcbsnd.com

Internet

Information Needed:

- Height, weight, waist size
- Blood Pressure Levels (systolic/diastolic)
- Cholesterol Level (HDL/LDL)
- Blood Sugar (Fasting)

Customized Plans



Choose Your Goals

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites Refresh Print Mail Address Bar

Address <https://myhealthcenter.ndwellnesscenter.com/Portal/Goals/Default.aspx> Go Links »

Welcome client40* Logout FAQs Help Home

My HealthCenter

My Plans Community Resources Coaching My Account

My Plans

- Change Goals
- Assess My Health
- Screenings
- My Family

Quick Links

- 20 Online
- 1 Messages
- 1200 Points
- Fitness Centers

Choose Your Goals

We recommend starting out with 2 to 4 practical goals, but you're free to change them at anytime.

Goals For Areas In Which You Are Doing Well

- ☐ Lose Weight

Optional Goals

- ☐ Stop Smoking
- ☐ Eat Better
- ☐ Manage a Health Condition
- ☐ Prevent Heart Disease
- ☐ Maintain Health
- ☐ Lower My Blood Pressure
- ☐ Lower My Cholesterol
- ☐ Exercise More
- ☐ Lower My Stress

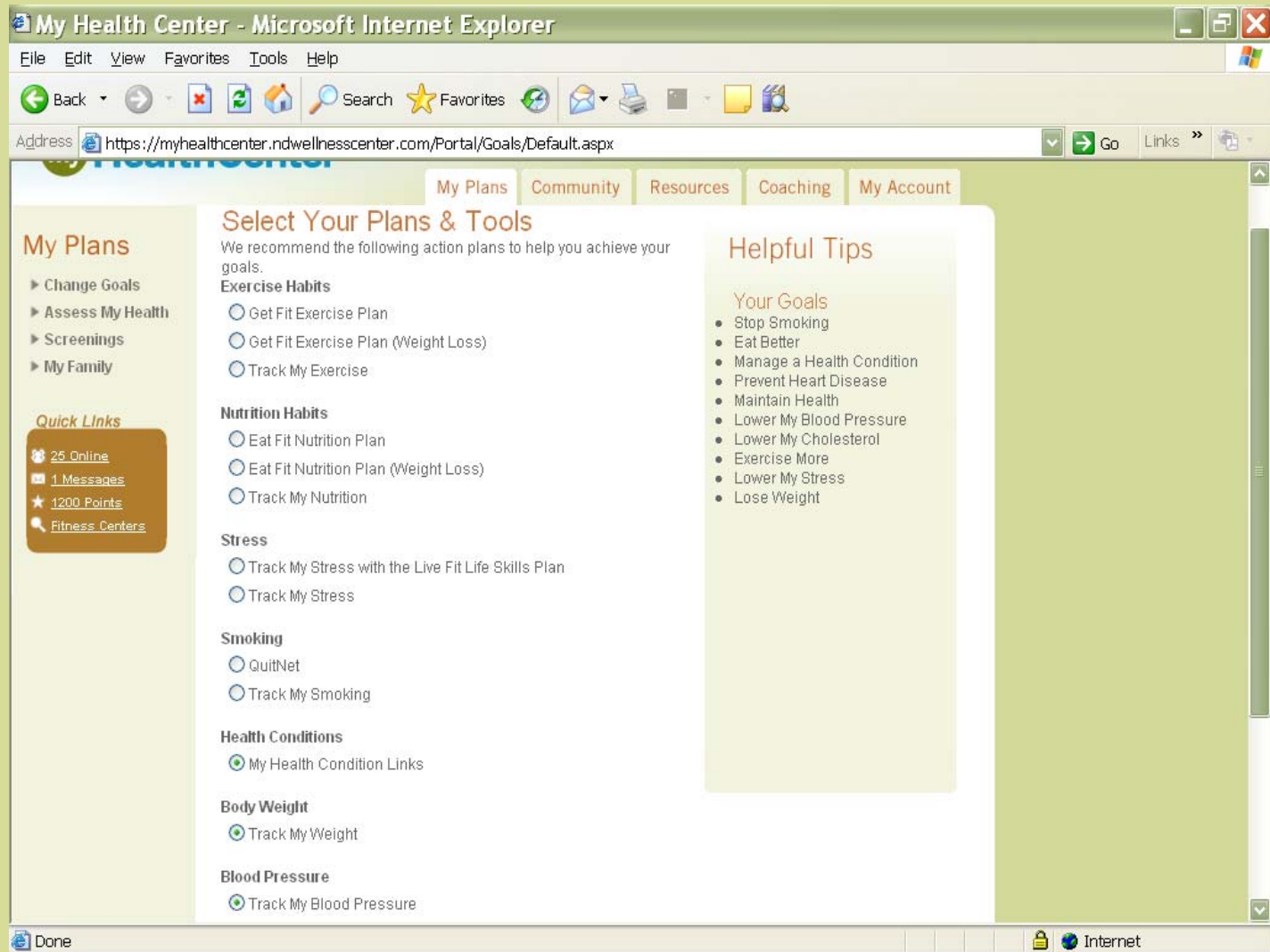
CONTINUE

Helpful Tips

Your Risk Factors
You don't have any Risk Factors that you need to work on.

Choose the goals that you want to focus on.

Select Your Plans & Tools



My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites RSS Print Mail

Address <https://myhealthcenter.ndwellnesscenter.com/Portal/Default.aspx> Go Links

Welcome client40* Logout FAQs Help Home

My HealthCenter

My Plans Community Resources Coaching My Account

My Plans

- ▶ Exercise Plan
- ▶ Nutrition Plan
- ▶ Stress Plan
- ▶ OutNet Plan
- ▶ Health Tracker
- ▶ Manage My Conditions
- ▶ Change Goals
- ▶ Assess My Health
- ▶ Screenings
- ▶ My Family

Quick Links

- 25 Online
- 1 Messages
- 1200 Points
- Fitness Centers

My Goals

- Stop Smoking
- Eat Better
- Manage a Health Condition
- Prevent Heart Disease
- Maintain Health
- Lower My Blood Pressure
- Lower My Cholesterol
- Exercise More
- Lower My Stress
- Lose Weight

My Exercise Plan [Edit](#)

- Get Fit Exercise Plan (Weight Loss)
- Find a Fitness Center

My Nutrition Plan [Edit](#)

- Eat Fit Nutrition Plan (Weight Loss)
- Easy, Healthy Recipes

Helpful Tips

Healthy Snack Ideas

In today's world, we gravitate toward convenience when we're hungry, not always considering our healthier options. That's why it's important to plan ahead and make snack time count toward good nutrition. Make a healthy snack ingredient list and bring it with you to the grocery store. Once you've stocked up on easy-to-prepare, healthy foods, it's more likely you'll make healthier snack decisions. Stash a granola bar or dried fruit and nut mix in your bag or your car for snacking emergencies. Not only will these nutritious foods satisfy your hunger, they'll keep you energized and able to perform at your best!

Internet

Get FIT: Customized fitness plan

- Virtual exercise demonstrations
- Calculates amount of calories burned
- Accommodates individuals of all skill levels

Build a Plan

The screenshot shows a Microsoft Internet Explorer browser window titled "My Health Center - Microsoft Internet Explorer". The address bar displays the URL: <https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/Exercise.aspx?ExercisePlanId=1>. The website header includes the "My HealthCenter" logo and navigation tabs for "My Plans", "Community", "Resources", "Coaching", and "My Account". A user is logged in as "client40*", with links for "Logout", "FAQs", "Help", and "Home".

The main content area is titled "Let's Get Started!" and features a section "Get Fit: Build a Plan". Below this, a paragraph states: "Building a customized Get Fit plan is quick and virtually effortless. Simply select a fitness plan from the list below and take the next step towards achieving your health and wellness goal!"

The "Choose a Plan" section lists five options, each with a play button icon:

- First Time Fitness
- General Fitness
- Do-It-Yourself
- Body Zone
- Athletic Training

The left sidebar contains a "My Plans" section with links to Exercise Plan, Nutrition Plan, Stress Plan, QuitNet Plan, Health Tracker, Manage My Conditions, Change Goals, Assess My Health, Screenings, and My Family. Below this is a "Quick Links" box with links to 27 Online, 1 Messages, 1200 Points, and Fitness Centers.

The footer displays the BlueCross BlueShield of North Dakota logo and the text "Terms of Use © 2006-2007 Healthways, Inc." The Windows taskbar at the bottom shows the Internet Explorer icon and the text "Internet".

Get Fit Plan

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites Print Mail News RSS

Address <https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/Exercise.aspx?ExercisePlanId=1> Go Links

Welcome ammizell Logout FAQs Help Home

My HealthCenter

My Plans Community Resources Coaching My Account

My Plans

- Exercise Plan
- Nutrition Plan
- Stress Plan
- QuitNet Plan
- Health Tracker
- Change Goals
- Assess My Health
- Screenings
- My Family
- NIHCA

Quick Links

- 45 Online
- 0 Messages
- 3925 Points

Let's Get Started!

[« Prev Day](#) | April 09, 2008 | [Next Day »](#)

Get Fit Plan

Standard Weight Loss

[Report Activity](#)

Warm Up

Light cardio activity for 5 - 10 minutes

Cardiovascular

[\(modify\)](#)

Activity	Time	Target Heart Zone	Speed
Elliptical Trainer	20 min	123 - 136	Slow to Medium

Flexibility

[\(modify\)](#)

Activity	Repetitions	Hold Time
Chest: Straight arm behind back	3 stretches	5 sec
Groin: Straddle	3 stretches	5 sec

My Tools

- Modify Plan
- Add Optional Activities
- View Weekly Plan
- View Virtual Exercises
- Create New Plan

My Workout Calendar

April 2008

S	M	T	W	T	F	S
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

☐ Indicates Today
☐ Indicates Selected Date

start | Inbox - Micro... | Microsoft Powe... | Welcome to th... | Document1 - Mi... | My Health Cent... | Internet | 11:20 AM

Virtual Trainer

- How to properly execute exercise
- Cardio, strength and flexibility exercises
- Motivation, support and encouragement

Virtual Trainer

https://ephit.engageliving.com - BCBSND - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Virtual Exercises

Flexibility Exercise

- [Shoulder: Straight arm behind back](#)
- [Arms straight up overhead](#)
- [Hips: Forward Lunge](#)
- [Sides: Side bend](#)
- [Quadriceps: Side quad](#)
- [Quadriceps: Kneeling quad](#)
- [Hamstring: Sitting toe touch](#)
- [Hamstring: Semi straddle](#)
- [Groin: Straddle](#)
- [Groin: Butterfly](#)
- [Calf: Step stretch](#)
- [Neck: Side to side](#)
- [Neck: Forward and backward](#)
- [Shoulder: Seated lean back](#)
- [Chest: Straight arm behind back](#)
- [Chest: Wall corner lean](#)
- [Triceps: Overhead reach-back](#)

Speed Exercise

Resistance Chest



Resistance Upper Back

Resistance Shoulders

Resistance Biceps

FLEXIBILITY EXERCISES

Shoulder: Seated lean back



Primary Muscles Targeted (click for info)

[Notes](#)[Technique](#)[Precautions](#)[Spotting](#)

[QuickTime Movies](#) | [100K Movie](#) | [400K Movie](#) | [Printer Friendly](#)

Tips & Notes:

Hold each stretch at least 5 to 25 seconds; follow your Get Fit Daily Plan recommendations. As you become more flexible you will gradually be able to increase the stretch time. During the stretch, try to feel your muscle fibers lengthen.

Submit Activity

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Reload Home Search Favorites Print Mail News RSS Feeds

Address <https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/Exercise.aspx?ExercisePlanId=1> Go Links

Welcome ammizell Logout FAQs Help Home

My HealthCenter

My Plans Community Resources Coaching My Account

My Plans

- Exercise Plan
- Nutrition Plan
- Stress Plan
- QuitNet Plan
- Health Tracker
- Change Goals
- Assess My Health
- Screenings
- My Family
- NIHCA

Quick Links

- 45 Online
- 0 Messages
- 3925 Points

Let's Get Started!

Return To Plan Wednesday, April 09, 2008 Submit Week

Thursday Friday Saturday Sunday Monday Tuesday Wednesday

Submit Day Reset

Cardiovascular

Activity	Time	Target Heart Zone	Speed
<input checked="" type="checkbox"/> Elliptical Trainer	20 / 20 min	123 - 136	Slow to Medium

Flexibility

Activity	Repetitions	Hold Time
<input checked="" type="checkbox"/> Chest: Straight-arm behind back	3 / 3	5 / 5
<input checked="" type="checkbox"/> Groin: Straddle	3 / 3	5 / 5
<input checked="" type="checkbox"/> Hamstring: Semi straddle	3 / 3	5 / 5
<input checked="" type="checkbox"/> Shoulder: Seated lean back	3 / 3	5 / 5

Recreational Activities

Return To Plan Submit Day

My Tools

- Modify Plan
- Add Optional Activities
- View Weekly Plan
- View Virtual Exercises
- Create New Plan

My Workout Calendar

April 2008

S	M	T	W	T	F	S
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

☐ Indicates Today
☐ Indicates Selected Date

Done Internet

start Inbox - Micro... Microsoft Powe... Welcome to th... Document1 - Mi... My Health Cent... 11:24 AM

Eat FIT: Personalized nutrition plan

- Recommends/tracks calories and food servings
- Suggests meals or allows members to create their own
- Presents daily menus and shopping lists

Building Your Nutrition Plan

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites

Address <https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/Nutrition.aspx?NutritionPlanId=1> Go Links

Welcome client40* Logout FAQs Help Home

My HealthCenter

My Plans Community Resources Coaching My Account

My Plans

- ▶ Exercise Plan
- ▶ Nutrition Plan
- ▶ Stress Plan
- ▶ QuitNet Plan
- ▶ Health Tracker
- ▶ Manage My Conditions
- ▶ Change Goals
- ▶ Assess My Health
- ▶ Screenings
- ▶ My Family

Quick Links

- 26 Online
- 1 Messages
- 1200 Points
- Fitness Centers

Let's Get Started!


Plan Setup

Begin building your personalized nutrition plan by first answering the following questions. This information will help us design the program that is right for you!

I would rate my daily activity level as:

- ☐ Low – I spend most of the day sitting or lying down – no job, school, or outside activities
- ☐ Moderate – I spend most of the day doing activities like office work, light housework, minor chores, running errands and sitting in the car.
- ☐ High – I spend most of the day doing activities like waitressing, mowing the lawn, gardening, climbing stairs, shopping and more active office or schoolwork

[Return](#) [Submit](#)

 BlueCross BlueShield of North Dakota

Terms of Use © 2006-2007 Healthways, Inc.
Healthways is an independent company assisting in the administration of ACASND's health and wellness programs. www.bcbnsnd.com

Internet

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites Refresh Print

Address <https://myhealthcenter.ndwellnesscenter.com/Portal/EPHIT/Nutrition.aspx?NutritionPlanId=1> Go Links

Health Tracker

Manage My Conditions

Change Goals

Assess My Health

Screenings

My Family

Quick Links

26 Online

1 Messages

1200 Points

Fitness Centers

Eat Fit Plan

Lose Weight

[Report Activity](#)

Daily Menu

Morning Grab & Go [edit](#)

Servings:	Food Item:	Calories:
1/8 c	nuts, soybean, roasted	101
1/2 cup	juice, orange, 100%	55
1	Nutri-Grain, cereal bar, soft granola	140
1/2 c	yogurt, fruit, fat free & light	67
1/2	bagel, plain, small	97
		Total Calories 460

Afternoon Subway Sandwich [edit](#)

Servings:	Food Item:	Calories:
1/8 c	dry fruit	54
1/2 c	carrots, baby	26
3 in	Subway, ham deli sandwich	145
1/2 cup	yogurt, fruit, low fat	125
1 Tbsp	nuts, almonds, dry roasted	50
		Total Calories 400

Evening Spaghetti & Cheesy Meatballs [edit](#)

Servings:	Food Item:	Calories:
-----------	------------	-----------

Change Plan

Daily Nutritional Servings

Grains	6.25	4.5
Fruits	3.25	2.5
Vegs.	3.5	3.25
Dairy	2.75	2.5
Meats/Beans	3	3.5
Fats/Oils	3.5	5.75
Sugars	3.25	1.75
Water		4

☐ Planned
☐ Recommended

Calories

Daily Intake

0 Consumed
1300 Recommended

Percentages

Carbs 63%
Protein 18%
Fats 19%

Done, but with errors on page. Internet

Create Favorites

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites Print Mail News RSS Feeds

Address <https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/Nutrition.aspx?NutritionPlanId=1> Go Links

Welcome ammizell Logout FAQs Help Home

My HealthCenter

My Plans Community Resources Coaching My Account

My Plans

- Exercise Plan
- Nutrition Plan
- Stress Plan
- QuitNet Plan
- Health Tracker
- Change Goals
- Assess My Health
- Screenings
- My Family
- NIHCA

Quick Links

- 43 Online
- 0 Messages
- 3925 Points

Let's Get Started!

Create Favorites [Return](#)

Favorite Foods [Add New Favorite Food](#)

Morning

Food Item	Calories	
egg roll	66	Edit Delete

Favorite Meals [Add New Favorite Meal](#)

Morning

Meal Title	Calories	
Weekday Break	250	Edit Delete

start | Inbox - Microso... | Microsoft Powe... | Welcome to th... | Document1 - Mi... | My Health Cent... | 11:26 AM

Create a Shopping List

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites RSS Print Mail News Groups

Address <https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/Nutrition.aspx?NutritionPlanId=1> Go Links

Welcome ammzell Logout FAQs Help Home

My HealthCenter

My Plans Community Resources Coaching My Account

My Plans

- Exercise Plan
- Nutrition Plan
- Stress Plan
- QuitNet Plan
- Health Tracker
- Change Goals
- Assess My Health
- Screenings
- My Family
- NIHCA

Quick Links

- 43 Online
- 0 Messages
- 3925 Points

Let's Get Started!

Shopping List

Calendar
Which day(s) do you want a shopping list built for?

Select Days

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 <input type="checkbox"/>	31 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input checked="" type="checkbox"/>	10 <input checked="" type="checkbox"/>	11 <input checked="" type="checkbox"/>	12 <input checked="" type="checkbox"/>
13 <input checked="" type="checkbox"/>	14 <input checked="" type="checkbox"/>	15 <input checked="" type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>

[Return](#) [Continue](#)

Done

start

Inbox - Micro... Microsoft Powe... Welcome to th... Document1 - Mi... My Health Cent...

Internet 11:27 AM

Create a Shopping List

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites Refresh Print Mail News RSS Feeds

Address <https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/Nutrition.aspx?NutritionPlanId=1> Go Links

► Stress Plan
► QuitNet Plan
► Health Tracker
► Change Goals
► Assess My Health
► Screenings
► My Family
► NIHCA

Quick Links

- 43 Online
- 0 Messages
- 3325 Points

Groceries

My shopping list for:
Today 4/9/2008 - Thursday 4/10/2008 - Friday 4/11/2008 - Saturday 4/12/2008 - Sunday 4/13/2008 - Monday 4/14/2008 - Tuesday 4/15/2008

[Return](#) [Print](#)

Seafood

- halibut
- shrimp

Beverages

- cola, diet
- juice, orange, 100%
- juice, orange-peach-mango, 100%, Dole®
- milk, soy, non fat
- V8, 100%, low sodium

Eggs & Dairy

- cheese, cheddar
- cheese, cheddar, shredded
- cheese, cheddar, low fat
- cheese, cottage, 2%
- cheese, mozzarella, part skim
- Dannon, yogurt
- Dannon, yogurt

Done Internet

start | Inbox - Microso... | Microsoft Powe... | Welcome to th... | Document1 - Mi... | My Health Cent... | 11:28 AM

Live FIT: Self-improvement plan

- Instills a positive sense of life balance
- Helps effectively deal with life's challenges
- Provides stress and anxiety management

Live Fit Assessment

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites Refresh Print Mail News RSS Feeds

Address <https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/Stress.aspx> Go Links

Welcome ammzell Logout FAQs Help Home

My HealthCenter

My Plans Community Resources Coaching My Account

My Plans

- ▶ Exercise Plan
- ▶ Nutrition Plan
- ▶ Stress Plan
- ▶ QuitNet Plan
- ▶ Health Tracker
- ▶ Change Goals
- ▶ Assess My Health
- ▶ Screenings
- ▶ My Family
- ▶ NIHCA

Quick Links

- 44 Online
- 0 Messages
- 3925 Points

Let's Get Started!

Live Fit Assessment:

Start building your personal, 6-week Live Fit plan by choosing the area of your life that you feel most compelled to work on. If you would like help in determining which plan is right for you, take the Live Fit Assessment, a brief questionnaire that analyzes your strengths and weaknesses in relation to Self, Community, Values and Others.

How well are you treating your SELF?	Never	A Little	Some	A Lot	Very Much
1. Are you an optimistic person ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Do you pursue interests outside of work ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Have you had success in managing your money ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. How often do you experience joy in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Can you relax away your bodily tensions ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How are your connections with your Community?	Never	A Little	Some	A Lot	Very Much
1. Are you a good neighbor ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Done

start Inbox - Microso... Microsoft Powe... Welcome to th... Document1 - Mi... My Health Cent...

Internet 11:31 AM

Build a Plan

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites Refresh Print Mail News RSS Feeds

Address <https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/Stress.aspx> Go Links

Welcome ammizell Logout FAQs Help Home

My HealthCenter

My Plans Community Resources Coaching My Account

My Plans

- ▶ Exercise Plan
- ▶ Nutrition Plan
- ▶ Stress Plan
- ▶ QuitNet Plan
- ▶ Health Tracker
- ▶ Change Goals
- ▶ Assess My Health
- ▶ Screenings
- ▶ My Family
- ▶ NIHCA

Quick Links

- 44 Online
- 0 Messages
- 3925 Points

Let's Get Started!

Live Fit: Build a Plan

You have completed the Live Fit Assessment. Your scores can be found by expanding the various plan categories below

Choose a Plan

- ▶ Self
- ▶ Community
- ▶ Values
- ▶ Others

BlueCross BlueShield of North Dakota

Privacy & Terms of Use © 2006-2007 Healthways, Inc.
Healthways is an independent company assisting in the administration of BCBSND's health and wellness programs. For additional wellness program information, please visit www.ndwellnesscenter.com

Done Internet

start Inbox - Microso... Microsoft Powe... Welcome to th... Document1 - Mi... My Health Cent... 11:33 AM

Choose a Plan

Self	Community	Values	Others
Optimism	Service	Open Minded	Listening
Financial	Nature	Faith	Best Friends
Relaxation	The Arts	Forgiveness	Honesty
New Interests	Proud Citizen	Generosity	Networking
Joy	Good Neighbor	Exploring Ideas	Family

Stress Plan

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites

Address <https://myhealthcenter.ndwellnesscenter.com/Portal/MyPlans/?id=4514664c-5ff6-4f8c-9745-163fbb8b0aaa> Go Links

Welcome client40* Logout FAQs Help Home

My HealthCenter

My Plans Community Resources Coaching My Account

My Plans

- Exercise Plan
- Nutrition Plan
- Stress Plan
- QuitNet Plan
- Health Tracker
- Manage My Conditions
- Change Goals
- Assess My Health
- Screenings
- My Family

Let's Get Started!

Go to my Live Fit Life Skills Plan

	Previous	Today	Week of March 2, 2008
	Sun Mar 2	Today 3 Mar	
Rate the amount of stress you felt each day. (1 = very little, 10 = unbearable).	Rate <input type="text"/>	Rate <input type="text"/>	
Check the days you handled stressful situations well.	<input type="checkbox"/>	<input type="checkbox"/>	

Save History

Quick Links

- 19 Online
- 1 Messages
- 1200 Points
- Fitness Centers

BlueCross BlueShield of North Dakota

Terms of Use © 2006-2007 Healthways, Inc.
Healthways is an independent company assisting in the administration of ACRSND's health and wellness programs. www.bcbnsnd.com

Internet

QuitNet


- Tobacco cessation Internet support program
- Evidence-based treatment methods
- 24/7 support from others trying to quit
- Access to cessation counselors

Welcome ammezell! - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites Refresh Print View Source Mail

Address https://secure.quitnet.com/qn_welcome.jhtml?Login=18890750 Go Links



QUITNET

DON'T QUIT ALONE

MY QUIT COMMUNITY RESOURCES EXPERT SUPPORT QUIT MED SUPPORT SHOP

Mail Buddies

MY QUIT

- Quit Date Wizard
- Profile
- Calendar
- Journal
- Certificates
- Order Manager

STATS

Who's online right now?

999 People
278 Members
7700 Anniversaries today

[Help](#)
[Site Map](#)
[Privacy Policy](#)
[Acceptable Use Policy](#)
[About QuitNet](#)
[Logout](#)

Welcome back, ammezell!

My Quit

My Stats:
No **Quit Date** set. Use the [Quit Date Wizard](#) to set one!
[Email me daily stats](#)

Visits to QuitNet: 25
Forum Messages Posted: 0

Q-Features you haven't used yet:
[Quit Date Wizard](#)
[My Profile](#)
[Buddies](#)
[Forums](#)
[Q-Clubs](#)
[Chat](#)
[Q-Mail](#)
[My Quitting Guide](#)
[Why do you smoke?](#)
[How addicted are you?](#)


Email Support

Upgrade Membership Now!

- Expert Counselors
- Journal, FAQs, Q-mail upgrade...
- [& more!](#)

TESTIMONIALS *I did it!*

hulk43204 says:



"Just one won't hurt"- don't believe it! Just one is enough to send you plummeting back to the bottom of the mountain that you have worked so hard to climb.
[read more](#)

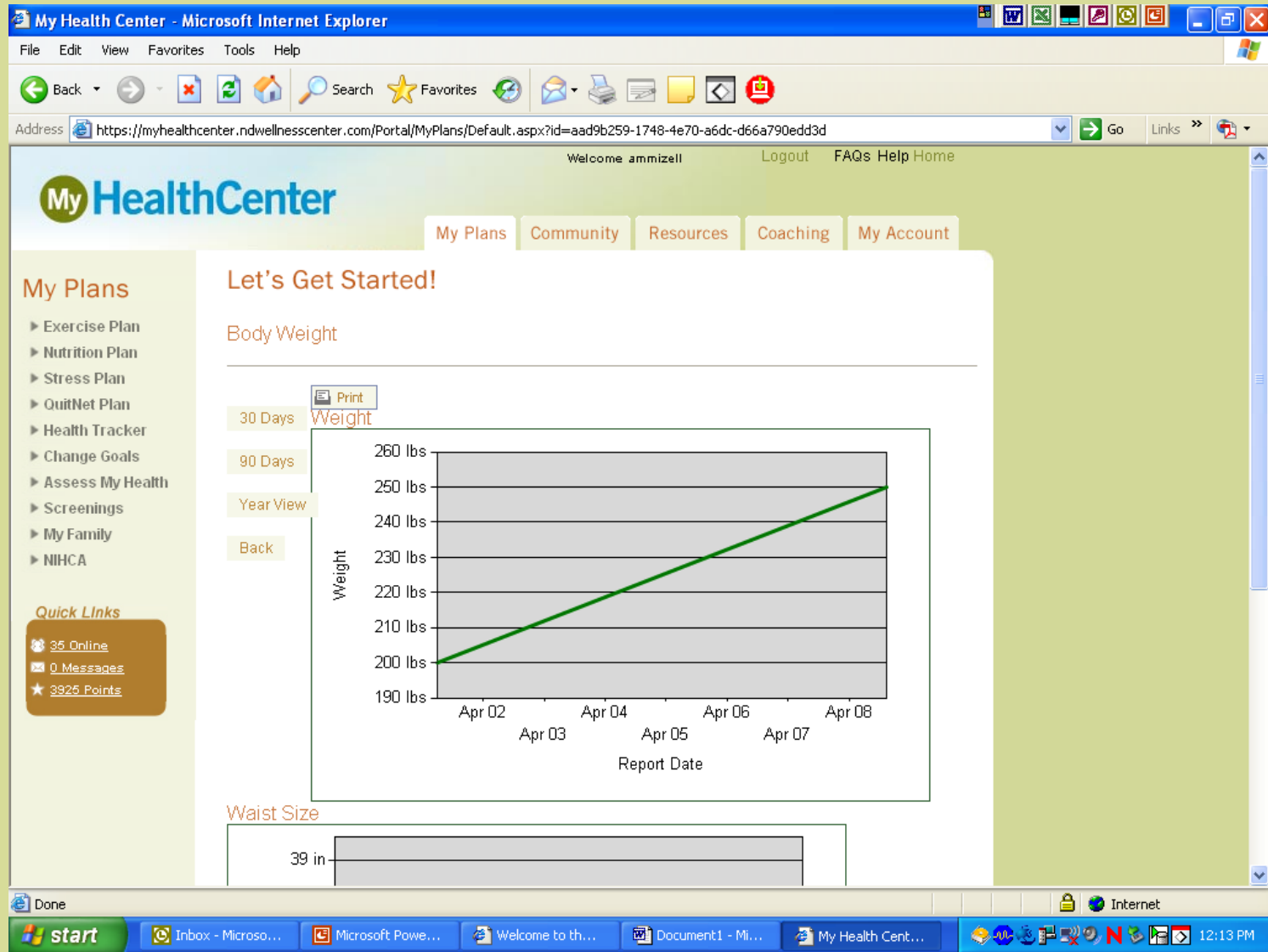
MY QUITTING GUIDE

- [Health Risks of Smoking](#)
- [The Big Three Health Benefits Of Quitting](#)
- [Reasons For Quitting](#)
- [Stress, Weight Gain](#)

start | Inbox - Mi... | Microsoft ... | Welcome t... | Document... | My Health ... | Welcome a... | Internet | 12:11 PM

e-Tracker

- Track your goals and objectives daily, weekly and monthly
- Track weight, body fat and BMI
- Personal progress in graph format

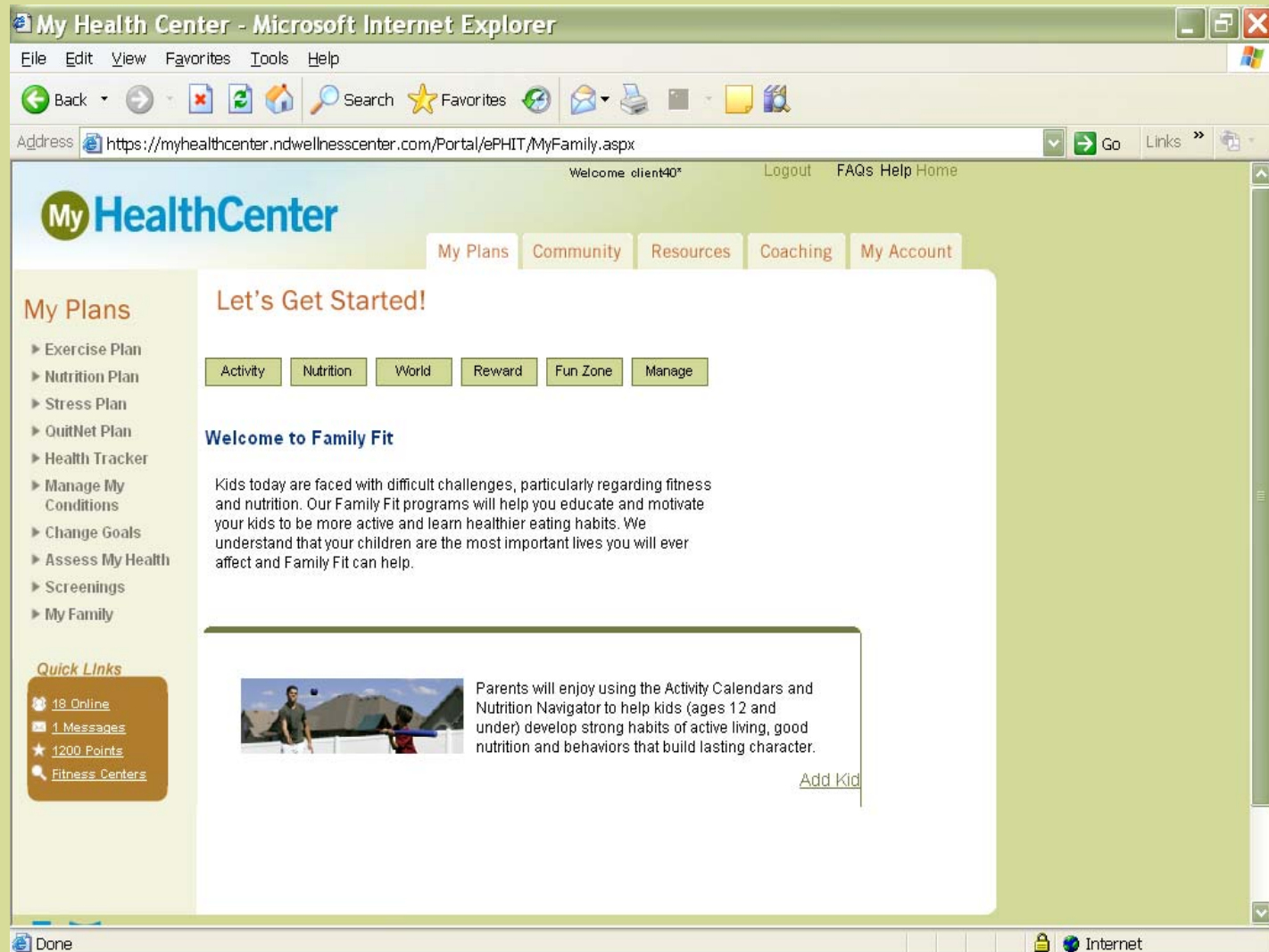


Choose/Change Goals



Family FIT: Engage the whole family

- Teaches proper nutrition and physical activity through kid-friendly tools and trackers
- Promotes health practices through games, quizzes and activities
- Offers rewards and prizes for living a healthy lifestyle



Kids Earn Miles

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites Refresh Mail Print Copy Paste

Address <https://myhealthcenter.ndwellnesscenter.com/Portal/ePHIT/MyFamily.aspx> Go Links

Welcome ammzell Logout FAQs Help Home

My HealthCenter

My Plans Community Resources Coaching My Account

My Plans

- Exercise Plan
- Nutrition Plan
- Stress Plan
- QuitNet Plan
- Health Tracker
- Change Goals
- Assess My Health
- Screenings
- My Family
- NIHCA

Quick Links

- 32 Online
- 0 Messages
- 3925 Points

Let's Get Started!

Activity Nutrition World Reward Fun Zone Manage

David: Miles Traveled: 0 Trips around the world: 0 Next Stop: Panama Canal

START

Panama Canal Amazon River African Jungles Eiffel Tower Pyramids Taj Mahal Great Wall of China Indian Ocean Australia Islands Hawaii Golden Gate Bridge **FINISH**

John: Miles Traveled: 0 Trips around the world: 0 Next Stop: Panama Canal

START

Panama Canal Amazon River African Jungles Eiffel Tower Pyramids Taj Mahal Great Wall of China Indian Ocean Australia Islands Hawaii Golden Gate Bridge **FINISH**

Done Internet

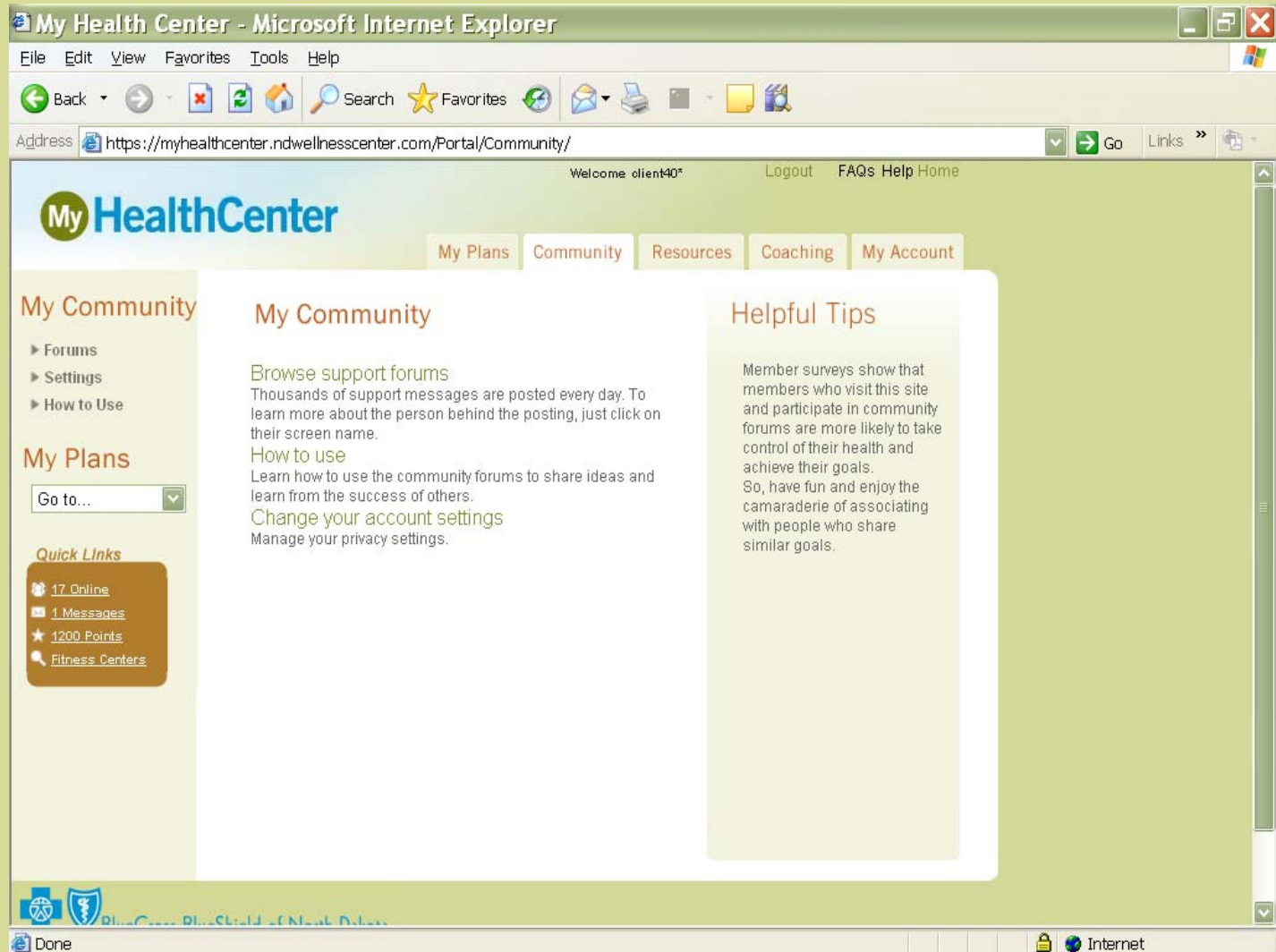
start Inbox - Microso... Microsoft Powe... Welcome to th... Document1 - Mi... My Health Cent... 12:16 PM

Kids Redemption Prizes

- Gift Cards for Target, Wal-Mart, Old Navy, Etc.
- Beachball
- Paddleball Set
- Basketball

Tools And Resources





Forums

The screenshot shows a Microsoft Internet Explorer browser window displaying the 'My Health Center' website. The address bar shows the URL: <https://myhealthcenter.ndwellnesscenter.com/Portal/Community/Forums.aspx>. The website has a green header with the 'My HealthCenter' logo and navigation tabs for 'My Plans', 'Community', 'Resources', 'Coaching', and 'My Account'. The 'Community' tab is selected, leading to the 'Healthy Living Forums' page. The page features a sidebar with 'My Community' links (Forums, Settings, How to Use), 'My Plans' with a dropdown menu, and 'Quick Links' showing 35 Online users, 0 Messages, and 3325 Points. The main content area, titled 'Let's Get Started!', lists three forum topics: 'Stronger Every Day' (Exercise & fitness), 'I Am What I Eat' (Nutrition & weight management), and 'Simply Living' (Relaxation & stress reduction). The Windows taskbar at the bottom shows the Start button and several open applications, including 'Inbox - Micro...', 'Microsoft Powe...', 'Welcome to th...', 'Document1 - Mi...', and 'My Health Cent...'. The system clock indicates 12:21 PM.

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites Refresh Print Mail Stop

Address <https://myhealthcenter.ndwellnesscenter.com/Portal/Community/Forums.aspx> Go Links

Welcome ammizell Logout FAQs Help Home

My HealthCenter

My Plans Community Resources Coaching My Account

My Community

- Forums
- Settings
- How to Use

My Plans

Go to...

Quick Links

- 35 Online
- 0 Messages
- 3325 Points

Let's Get Started!

Healthy Living Forums

- [Stronger Every Day](#)
Exercise & fitness
- [I Am What I Eat](#)
Nutrition & weight management
- [Simply Living](#)
Relaxation & stress reduction

Done Internet

start Inbox - Micro... Microsoft Powe... Welcome to th... Document1 - Mi... My Health Cent... 12:21 PM

The Clubhouse: Online health and wellness resource

- More than 1,000 recipes
- Health and wellness articles
- Read success stories and submit your own

My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites Print Mail

Address <https://myhealthcenter.ndwellnesscenter.com/Portal/Resources/> Go Links

Welcome client40* Logout FAQs Help Home

My HealthCenter

My Plans Community Resources Coaching My Account

My Resources

- Articles
- Recipes
- Fitness Centers
- Alternative Health Recipes
- Alternative Health Library
- Alt. Health Perspectives
- Expert Alt. Opinions
- Healing Center
- Provider Lookup

My Plans

Go to...

Quick Links

- 19 Online
- 1 Messages
- 1200 Points
- Fitness Centers

My Resources

Find a fitness center near you
No matter your age or interest, we can help you find one!

Explore articles
Get answers to thousands of health-related questions that you can put to use in your daily life.

Eat healthy tonight
Browse our tasty collection of healthy recipes.

Find a provider
Find a qualified provider of alternative health-related services.

Helpful Tips

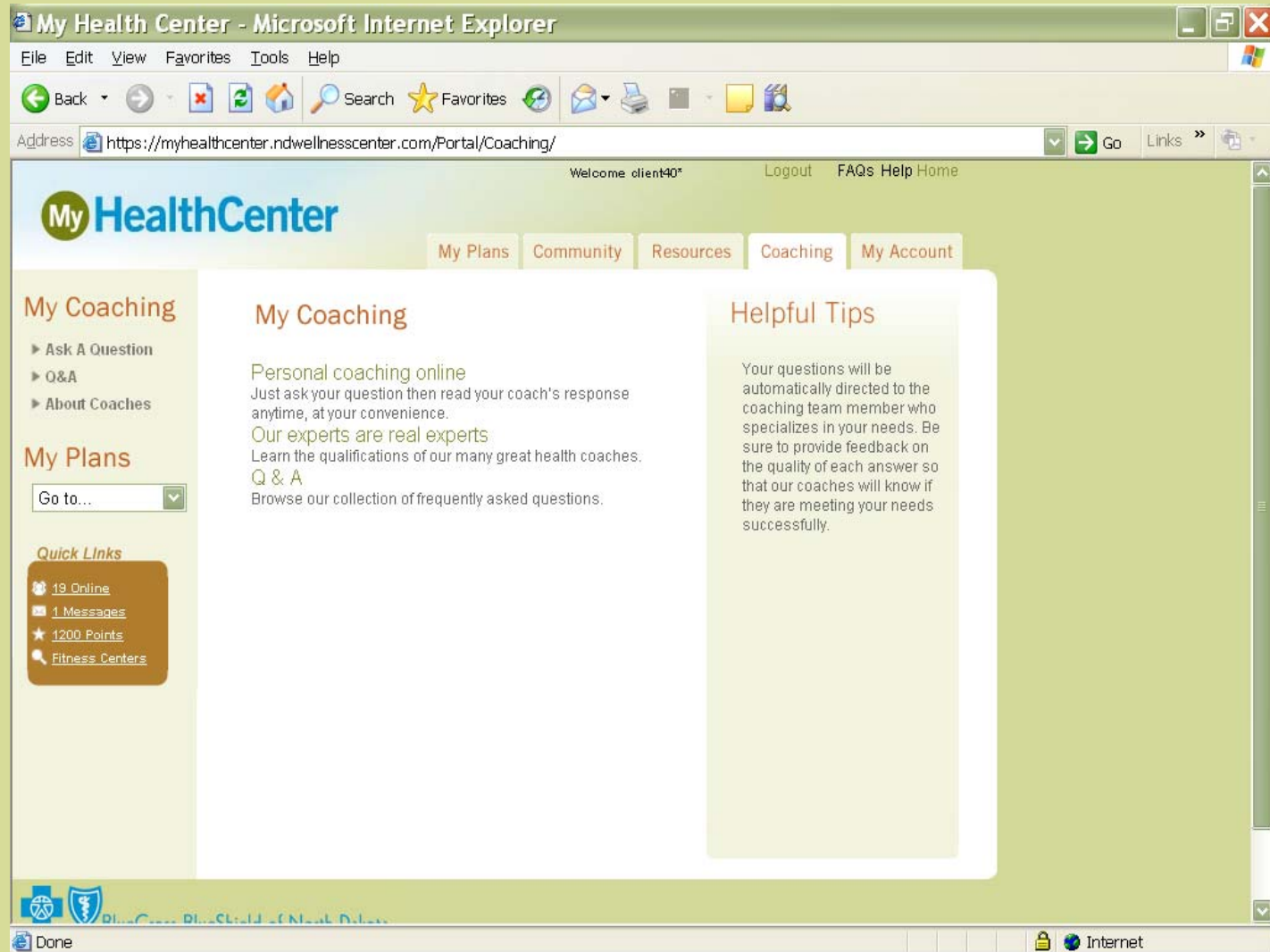
The resource center contains more than 1,000 healthy recipes and thousands of articles that can help you learn about more than 100 health conditions. Each recipe, article and health tip has been personally approved by our coaches, nutritionists and medical experts.

Done Internet

Online Personal Coaching

- 24-hour e-mail access to trainers, dietitians and psychologists
- e-mail response within 24 hours
- Motivation, support and encouragement

My Coaching



My Health Center - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites RSS Feeds Mail Downloads Print Favorites

Address <https://myhealthcenter.ndwellnesscenter.com/Portal/MyAccount/Rewards.aspx> Go Links »

My Health Center

My Plans Community Resources Coaching My Account

My Account

- ▶ Messages
- ▶ Points
- ▶ Account Setup

My Plans

Go to...

Quick Links

- 30 Online
- 1 Messages
- 1200 Points

My Points

Activity Summary
How Do I Earn Points?

+	Points earned this week	1200
+	Lifetime points earned	1200

Click Points Icon to show point detail

*NIHCA benefits will appear 90 days after approval.

Qualify to win

Now you can become eligible for great prizes each quarter just for participating! Check back each quarter to find out what great prizes are available and how to become eligible to win.

First Quarter Contest (February 2 – April 30, 2008) 1 Winner

Eligibility Criteria: Participate and earn 1,000 points (during the contest period) to be automatically entered to win. Examples of 1,000+ point activities:

- "Program" Enrolment
- Complete Health Assessment
- Set up a fitness, nutrition and stress management plan (all 3)

4 Grand Prize Winners will receive the **Sony Cyber-Shot Digital Camera**.

- The slim little camera with the big widescreen. 8.1 megapixel, 3.0" touchscreen, 3X Optical Zoom, up to 15X Smart Zoom®, Face Detection, Smile Shutter Mode, SteadyShot® Image Stabilization.

Done Internet

When to redeem your points?

- NDPERS with MyHealthCenter and Health Club Credit
 - April

Adult Redemption Prizes

- Gift Cards for restaurants and stores.
- Duffel Bags
- Resistance Bands
- Food Dehydration Kits
- Yoga Mats/Blocks
- Heart Rate Monitors
- Weights
- Golf Bags

Questions??